

MARCH 2022

# ~ FOOTNOTES ~



*Kudos to the Capital City Roadrunners & Walkers Club and it's membership for putting together a team of 10 runners and walkers and raising over \$3000 for the Coldest Night of the Year fundraising event. Great job to our team members and to our club for your involvement in this! We were in 3rd place out of 27 for raising the most money for Fredericton's homeless and low income. Thanks so much everyone. The event wrapped up yesterday and all of us on the team were present for the photo!! Members included Jochen Schroer , Kay Stairs, Amy Wood , Vicki Ross, Rick Stairs, Elizabeth Richard, Ann Flynn , Fran Robinson , Henny Drost and Sara Young.*



*As a member you will get:*

*Lots of fun-running events*

- *Training companions for marathons, half-marathons etc.*

- *Regular bi-weekly runs*

*We meet at the Currie Centre  
Wednesday evenings (5:30 PM)  
and Saturday mornings (8:30 AM)*

*Membership is only \$25 per year  
or \$40 for a family.*

*All running levels are welcome – we have a growing ‘back of the pack’ group who like to take it easy!*

To sign up online visit  
<https://www.ccr.ca/membership>

*or*

*contact any member of our CCRR  
Executive listed in Footnotes.*

# Capital City Roadrunners

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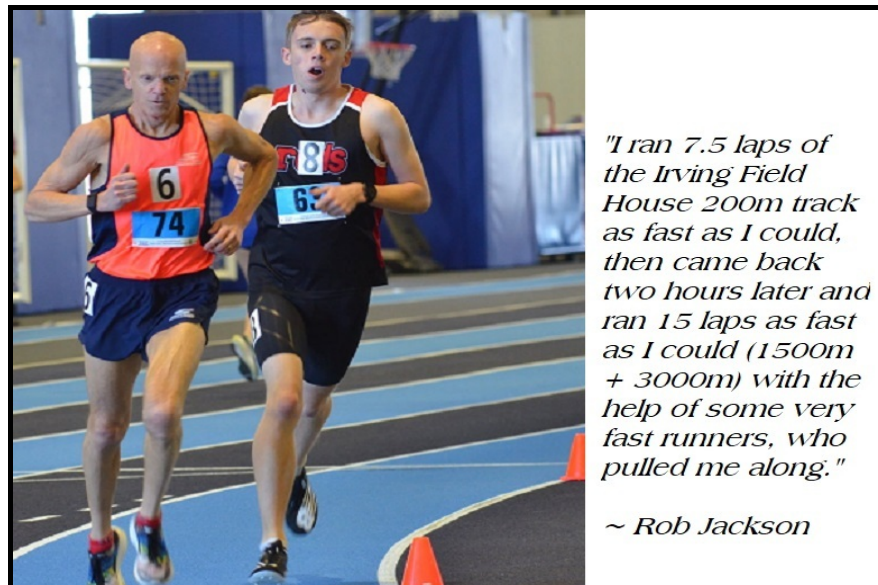
[illegible]~ FOOTNOTES ~  
CONTRIBUTORS

Fran Robinson - - Rob Jackson

- Harry Drost - Jason Scarbro

John Cathcart - Steve Scott

## Rob Jackson Sets Two New Brunswick Track Records



Rob Jackson set two records at the Irving Field House. For the 1500m he ran 5:14 and for the 3000 he ran 11:04 (a pace of 3:41/km), which broke the existing NB record of 16:06 for men ages 65-69 set in 2013 by William Anderson. That means Rob took 5 minutes and 2 seconds off the previous record. There was no existing NB record for the 1500m in Rob's M65-69 age group. Rob is 66.5 years old. Amazing!

## From the President - Fran Robinson



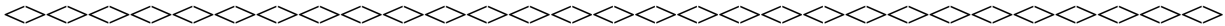
Hello folks. It's been an up and down kind of month. We have had storms on every Friday of the month. Because of the road conditions, we postponed and then cancelled the February race of our new series. Hopefully March will be better in that regard!

On a positive note, being in Phase 1 of Covid allows us a few more freedoms. We are once again convening in the Currie Centre before our runs and can use the showers.

Many of you have rejoined our group and we thank you for that. I like to think we do provide good value for your modestly priced membership fee.

Our Coldest Night of the Year team has achieved it's goal of raising \$3000. Thanks to all the team members and to those from the membership who donated. Monies go towards the John Howard Society here in Fredericton. Team members include: Kay and Rick Stairs, Vicki Ross, Amy Wood, Ann Flynn, Sara Young, Jochen Schroer, Liz Richard, Henny Drost and Fran Robinson. Well done team!

It's sure great to be able to run or walk. We look forward to seeing you out on our weekly runs/walks. Take care! ~ Fran



### KUDO'S CORNER

Kudos to Fran Robinson & Julie Daigle who completed the half marathon distance (45 km) on February 13 for the virtual Canadian ski marathon, a classic ski event.

Kudos to Rob Jackson for setting 2 new New Brunswick records in the 1500m and 3,000m.

For the 1500m Rob ran 5:14 and for the 3000m he ran 11:04 (a pace of 3:41/km), which broke the existing NB record of 16:06 for men ages 65-69 set in 2013 by William Anderson. There was no existing NB record for the 1500m for Rob's M65-69 age group. Rob Jackson is 66.5 years old.



## Reflecting on the Gift of a New Day - The Running Rev

*“Write it on your heart that every day is the best day in the year.*

*He is rich who owns the day, and no one owns the day  
who allows it to be invaded with fret and anxiety.*

*Finish every day and be done with it.*

*You have done what you could.*

*Some blunders and absurdities, no doubt crept in.*

*Forget them as soon as you can, tomorrow is a new day;  
begin it well and serenely, with too high a spirit  
to be cumbered with your old nonsense.*

*This new day is too dear,  
with its hopes and invitations,  
to waste a moment on the yesterdays.*

*~ Ralph Waldo Emerson ~*

There used to be an old bench down by the canal. It was situated down where the little ferry waits to shuttle runners, cyclists, and those wanting to go to the little pub on the other side for a meal or ice cream. When the Pandemic hit, and signs went up along the canal path to “social distance” for some unknown reason the bench disappeared. Someone had put a good sized sign on the bench that simply stated “Celebrate the Day.” Even though the bench is no longer there, those words always come to mind each time I run or walk along there. “Celebrate the Day!”

For me the words of the Psalmist also comes to mind when he wrote 3,000 years ago, “This is the day the Lord has made; We will rejoice and be glad in it.

As we live during these turbulent times, and especially what is happening with Russia and the people of Ukraine, one can only wonder what the people there are experiencing each day since the invasion of their country. I cannot begin to imagine the turmoil, fear and great loss of a sense of safety that each day brings to the Ukrainian people since Russia invaded their homeland. It is simply beyond my comprehension. It is with a feeling of helplessness that all I can do is pray for the people and for peace. I have a sense it will take more than prayers.

Running down along the canal yesterday I stopped for a moment and stood quietly where that old bench used to be. I paused to say a prayer for the Ukrainian people and to give thanks for living in a peaceful, safe country. Yes, Celebrate the day!

~ the running rev.

## Fossils Corner by Steve Scott



Hey marathoners, how is your training going so far? I know you are in the dead of WINTER currently but just keep on plugging as there are about two months to go. A good time to start dreaming about how you will conquer “this beast”. There are many ways to do this and very few are easy, but with your head and body in sync you have the (mental ability) right frame of mind.

One thing that I noticed over my longish Marathon career was that in my training and especially during some marathons I could call on a mental exercise which had me sort of switch off outside interferences and concentrate solely on running. This phenomenon is generally known as “runners high”. During this phase of the marathon, usually around 16 to 18 miles (25 to 30 kms) every step seemed so easy and natural that there appeared to be little or almost no effort expended on my part, but my pace quickened, and I could literally run away from any people I was running with. My concentration was such that time and distance were of no consequence; no heavy breathing, no pain, no doubts; just a vague feeling of euphoria and well being.

These were part of being “at one with yourself” and always produced a great result at the finish line. Those were the days my friends and I enjoyed them especially when my running partners asked what happened to you Steve, suddenly while we were discussing the pace and how we all felt, you were 10 feet ahead and accelerating and before long too far ahead to catch. I just smiled and said I was feeling strong and knew there was “a cool one waiting for me at the Finish Line”.

But seriously, it is possible for anyone with good training and the right circumstances to run in this manner and sometimes exceed their wildest dreams. To finish this bit of “fossil history” I would like to hear from anyone who has experienced something like what I have described. These kinds of running experiences should be made available for others to read and/or hear about because they add to the overall cachet of running.

~ Fossil

Just remember, “. . . there is no finish line . . . “

## Running on Medium by Jason Scarbro February 2022

### This month's pick: Matt Sprague and the *"What Matters to Matt"* YouTube Channel



This month I'm excited to bring attention to a local runner and YouTuber who is doing some exceptional work. I consume a significant amount of running content so I feel I can make informed comparisons of content creators. Better yet, you should share his videos with your running friends and subscribe to his channel – you won't regret it! I thought a short Q&A might help us get to know our budding YouTube influencer a bit better, so let's dive in and learn more about What Matters to Matt.

*What are your short- and long-term running goals?*



Well my short-term goal with running is to survive the next week of training leading into the marathon. My slightly longer-term goal is to survive my first ever marathon. But I think my long-term goals come down to two main points. First and probably the most obvious would be to consistently progress, whether that be in terms of distance or pace (it is very unlikely that I will stop after completing the marathon in May.) Secondly, is to consistently feel that I am getting something from running that contributes positively to the person I am striving to be. This could be both the very real physical and mental benefits that I am currently getting out of running.

*Why did you pick "What Matters to Matt" as the title for your channel?*

Almost every video I start by saying something like "Hi my name is Matt and this is What Matters To Matt and on this channel I try to share with you the things that I'm doing to be the best that I can be for the most important thing in my life, which is my family." It's interesting that if you were to look at my channel now and look back through the majority of my videos that I have put up in recent months you would likely define my channel as a running channel or a fitness channel and you would not be wrong. But at its core, "What Matters to Matt" most, is my family. I've had some major struggles and setbacks in my life that brought me to a very low point both physically and mentally. I recognized that if I was going to successfully be the parent, husband, brother, son or friend I felt my family and friends truly deserved, I needed to do the things that allowed me to be the best version of me. All the marathon training videos, healthy food challenge videos, etc... only exist and "matter" because they help bring me closer to what truly matters.

*What is your vision for your YouTube channel?*

I have thought about this question a lot as it has been particularly hard to nail down what that vision is. I think the true vision is to allow the channel to constantly evolve as I do. Like I mentioned earlier, taking care of myself to be there for others is at the core of "What Matters To Matt." That said, my goal has and always will remain the same with the channel and that is to share what I am doing to get there. I take a lot of pride in making sure that the channel is honest and open about where I am at in achieving or not achieving any goals I put in front of me. My hope is that maybe I can inspire others through my channel and connect with as many people as possible.

*What's your favourite piece of running gear?*

I think the most obvious answer for me would be the shoes. With as much time as I spend making YouTube videos, I probably spend twice as much time watching YouTube videos. A lot of that time has been spent around shoe reviews. Right now it is the Saucony Endorphin Speeds.

The less obvious would be my GoPro. I know it is a stretch to call that "running gear." But for me next to my shoes it is the most likely thing you will see me reach for before my run. That one is probably pretty specific to me though.

*When did you start running and what motivated you to do so?*

Early February of last year. If you looked back on my channel I posted a video about training for my first half marathon. But honestly after a couple of weeks of pushing way harder than I should have, I injured myself and stopped running. Late in the fall of last year I started a 12 week hybrid athlete training program put out by a fitness influencer on YouTube I follow which was a mix of weight lifting and running and decided to take it a little more seriously. What motivated me? My kids.

*Why did you pick a marathon to be your first race instead of starting with a shorter race?*

I have no real solid answer for why the marathon first. Honestly just a few months ago any distance I would have seen as a challenge. I think at the time I thought that if I pushed myself I could have run a half marathon (barely, but I could do it.) I felt that training and running a marathon would put me at or just beyond my limits, so that became the goal.

*What do you think your biggest challenge will be on race day?*

The biggest challenges for me on race day will be controlling my nerves. Almost every week now my long runs during training are the furthest I have ever run in my life. Before each and every one of those runs I get pretty nervous about the unknown. Based on my training plan, the longest run I will have ever run will be about 6 miles short of the marathon. Adding that with never having entered a race of any kind before and controlling my nerves to not get the better of me will likely be difficult.



*Are there other running-based YouTube channels that have inspired you and would recommend to others?*

There are two that I find myself constantly going back to. Nick Bare's channel is very inspirational for me. He does consider himself to be more of a hybrid athlete and is actually the developer of the program that I mentioned earlier that really got me into taking running more seriously. The second channel would be Seth James DeMoor. Admittedly I started watching his channel as he is one of the bigger channels that focus on shoe reviews. But he also shares a lot of his own personal training and often will involve his family in his videos making me feel more connected.

*What is your bucket list race or a destination where you would love to run?*

Immediately when thinking of a bucket list race I thought of Boston. Of course I have a lot of miles to put in before I can ever consider that. But truthfully it might be Paris. My wife comes from a fairly large family and was born and raised in France. Running has quickly become a pretty big part of my life and getting the chance to share at least a little bit of that experience with her family would be incredible.



A big thank you to Matt for everything he is doing for our running community and for giving us a glimpse of what inspires him to put all that hard work into his running and his YouTube channel! Show him your appreciation by checking him out on YouTube and Instagram (search "What Matters to Matt"), and be sure to cheer him on in the Fredericton Marathon in May when he runs his first marathon.

Next month's planned pick – *Racing Namibia* by Jeff Pelletier. Enjoy your running! ~ Jason

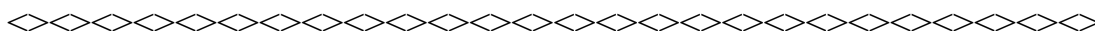
## Runbers by Rob Jackson



*You're reading "Runbers", a collection of numbers related to running. Issue #28*

Five things you didn't know you didn't know.

1. If you run 10kms on a treadmill, the mat will make approximately 2461 revolutions under your feet.
2. The world record for fastest shoelace tying is 0.63 seconds, using the "Ian Knot."
3. A 10-day training plan to run an ultra marathon of 51.2kms starts with a run of 100m on the first day, 200m on day two, 400m on day three, 800m on day four, 1600m on day five, and so on, until at day 10 you will run 51.2kms.
4. There are more than 18,000 kilometres of highways and secondary roads in New Brunswick. If you were to run all of them, at a rate of one marathon per DAY, you would need 427 days (i.e. 61 weeks) to complete the job.
5. Every day, your heart pumps about 6,800 litres of blood through your blood vessels. Those blood vessels, if laid out in a line, would measure more than 96,500 kilometres in length.



Rob offered his thanks to Athletics-athlétisme Nb and Bill MacMackin and all the volunteers for making this a memorable first run in four months (other than treadmill), to snag a couple of NB records.

Photo credit to Sharon Peabody.

SKECHERS



## *From the Back of the Pack*



It's Friday afternoon, 2:30pm, and I just got an email from my very good friend John to tell me that my article is due. So here we go.

I am a little bit gloomy today and that is because of all the things going on in this world: Russians attacking Ukraine; Covid is still not over yet; and a few friends are battling cancer.

If you are a believer please pray or have positive thoughts!

Just got a call from my son Patrick who wants to come over for supper with his family. That makes me feel a lot better!

What about you? Is there anything that can get you out of a sad mood?

For me, I just watched an episode of the Red Green Show!

Keep smiling!

From The Back Of The Pack,

~ *Harry.*

